



## TRURO COUNCIL ON AGING

JULY 2015

### NEWSLETTER

7 Standish Way, N. Truro

508-487-2462

[www.truro-ma.gov/coa](http://www.truro-ma.gov/coa)

HOURS: 8:00 am - 4:00 pm MONDAY - FRIDAY

### A THANK YOU FROM THE FRIENDS OF THE COUNCIL ON AGING

What a wonderful response we received from our annual appeal letter! Thank you all so much! We continue to work on new programs to better serve the seniors of Truro. The Ride Home program has been gratefully received and utilized. We hope folks, will continue to try our Tuesday luncheons through our month of free lunches program.

I believe we set a record at our Spring Luncheon and annual meeting held on June 7th at Montano's Restaurant. Sixty folks enjoyed a delicious meal, time with friends and wonderful music by Peter Donnelly and The New Beach Band.

### SENIOR MUNICIPAL SERVICE PROGRAM

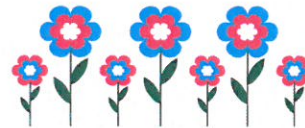
**BEGINNING JULY 1, 2015  
ENDING JUNE 30, 2016**

The Town of Truro is offering an abatement to its senior residents for services provided to the town. It is an opportunity for a Truro senior resident to share a skill they have with our community and also receive a real estate tax reduction on their Truro property.

Participants must meet the following requirements:

- Applicant must be 60 years of age or older
- Applicant must own property in Truro that serves as their principal residence
- Applicant must have been a full-time resident of Truro as of July 1<sup>st</sup> of the previous year
- Applicant must be the current occupant of property for which abatement is requested.

Applications are available for the Senior Municipal Service Program for the FY 2016 at the Truro Council on Aging, 7 Standish Way, North Truro, or on the web [truro-ma.gov/coa](http://truro-ma.gov/coa) or call 508-487-2462 for more information.



### WOMEN'S REFLECTIONS

Come to explore or discover your own path, direction, and purpose through spirituality. Spirituality is found through different forms of expressions. A walk in the woods, music, conversation, readings, kindnesses, meditation, gardening, even doing the dishes. This, would be an opportunity to share your own sacred journey, a time to be quiet, reflect, listen and learn from other's experience of their own practice. Together we will discover new paths.

Join us on Tuesday evenings, 6:30 pm in June at the Council on Aging and bring a friend! For more information please call Carol Bishop, 508-487-0014.

**BEREAVEMENT SUPPORT GROUP**

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a loved one. The group will be held on **Thursday, July 16, from 10:00 to 11:30 am** and once a month thereafter at the Truro COA. You do not have to attend every time. There is no charge for this group. Pre-registration is required. For more information and to register please call Nancy Higgins, LICSW, VNA Hospice Bereavement Coordinator at 800-631-3900 x7715 or 508-957-7715.

**NEW DAY!!!!****NEW TIME!****MEALS ON WHEELS IS IN NEED OF VOLUNTEER DRIVERS!**

**You can make a difference volunteering just one hour a week. Volunteers are needed to deliver meals to homebound seniors in Truro. Meals can be picked up between 9:30 and 10:00 am at the Wellfleet Council on Aging. Total time commitment is 1-1.5 hours per week. Drivers are needed Monday-Friday. We are looking for individuals to “adopt a route” one day per week. Mileage reimbursement is available. Substitute drivers are welcome. Please contact Lisa Bergeron at 508-349-2800 ext. 207**

**Tai Chi & Chi Kung Classes at the COA**

This class combines the slow movements of Tai Chi and Chi Kung for the benefit of mental, physical balance and general well being, with an emphasis on “mindfulness”-remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor, Geof Karlson, has been teaching yoga, Tai Chi, Chi Kung, and meditation for seven years on Cape Cod.

**Wednesday mornings 8:30 am—9:30 am    \$5.00 per class**

**Volunteers Wanted for the Highland House Museum**

We are looking for volunteers to greet visitors at Truro’s Highland House Museum. Come join a fun bunch of people working to share the rich history of Truro with visitors and locals alike. Museum shifts are 10am to 1:30 pm or 1:30 pm-4:00 pm. No experience necessary, we’ll train! For more information call Beth O’Rourke at 508-237-5146.

**IN MEMORIUM****Edwina C. Wright**



**ALZHEIMER'S FAMILY SUPPORT CENTER NEWS**  
**SUPPORT GROUPS AT SEASHORE POINT IN PROVINCETOWN**

**Caregiver's Support Group** (Caregivers need not be living with care recipients in order to attend). Will meet the second and fourth Thursdays of the month 2:00 pm to 3:30 pm .

**Support Group for Early Stage Alzheimer's or Mild Cognitive Impairment (MCI)** will meet the second Thursday of the month, 10:30 am to 12:00 pm.

These groups are being offered through the Alzheimer's Family Support Center of Cape Cod, providing free services and support to families dealing with AD and dementia. For more information please call 508-737-9452. If your need for help is immediate, please call 508-737-7934.

**Dr. Rhys Preston will present**  
**"Balancing Male Hormones Naturally"**  
**on Tuesday, July 14 at 1:30 –3:00 pm**

Do you suffer from diminished libido? Sweet and Carbohydrate cravings? Anxiety, depression and or irritability? Testosterone maintains stamina, libido and cognition. Testosterone affects every single organ in the body, helping with repair and regeneration. Testosterone helps control blood sugar, helps regulate cholesterol, helps maintain a powerful immune system. This workshop will provide you with practical applications in maintaining testosterone levels by supporting liver/gallbladder and adrenal glands.

**NO PAIN, NO GAIN? PART 2- AEROBIC EXERCISE**

"Aerobic" exercise, what does that term mean? Does it make you think of fanatics running for miles on end, or people jumping around to loud music? Those activities are aerobic; however, they are at the more vigorous end of the spectrum. Actually, aerobic exercise is any activity which "gets you breathing harder and your heart beating faster. From pushing a lawn mower, to biking to the store, to taking a dance class- all type of activities count, as long as you do them at a moderate to vigorous intensity for at least 10 minutes at a time" ([www.cdc.gov](http://www.cdc.gov)). When you do this regularly you will experience many health benefits, such as decreased blood pressure, decreased cholesterol, weight loss, improved sleep, and increased energy.

So how hard do you have to go? Moderate aerobic exercise can mean something as simple as walking for 10-15 minutes, playing doubles tennis, walking in the water, swimming, or riding a regular or stationary bike. At this level, you will be breathing a bit harder, but still able to talk comfortably. You should feel as though you are working, but the effort should not be exhausting.

If you have not been active for a while, the safest thing is to start with moderate intensity activities. In terms of the length of time, many people are discouraged by the general health recommendations that say we should get 30 minutes of exercise most days of the week, but recent research shows that getting *as little as 10 minutes at a time* helps. The key is to gradually start moving a bit more, doing small sessions, and increasing as you are able. In other words, no huffing and puffing and no pain required! If your exercise is comfortable and pleasant, you are much more likely to do it regularly.

It is important that you talk with your doctor before beginning any new exercise routine.

**SHINE news...Medicare Appeals**

If you have Medicare, you have the right to appeal any decision you disagree with. All steps in the appeal process have specific time frames and other requirements. ***It is very important to pay attention to the time limits for appeals!***

Examples of situations you may appeal:

- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care that you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should

For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. For assistance from MAP, call the Massachusetts Senior Legal Helpline at 866-778-0939.

For assistance with understanding and accessing your Medicare benefits, please call the senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

**Is too little sleep a cause of weight gain?**

It may be. But the evidence isn't conclusive, some studies suggest that sleeping less than five hours – or more than nine hours- a night increases the likelihood of weight gain. In one study, sleep deprivation in men increased their calorie intake the next day. In another study, woman who slept less than five hours or more than nine hours a night were more likely to gain 11 pounds over a period of five to seven years. Compared with woman who slept seven hours a night.

One explanation may be that sleep duration affects hormones, including those that regulate hunger and stimulate appetite. Other contributing factors may be that lack of sleep leads to fatigue and results in less physical activity or that longer awake hours lead to more eating. Factors such as sleep apnea and high blood pressure may confound the relationship between the two.

A good night's sleep may help you feel more in control of your day and better able to make healthy choices, including eating well and exercising. An added bonus of sleeping well may be maintaining a healthy weight.

Taken from the Mayo Clinic Health Letter volume 32, Number 10.

by Dee Yeater, RN

**MEN'S WORKOUT CONTINUES**

The Men's Workout program will continue to meet weekly, on Tuesdays from 10:45 to 11:45. This free class is a blend of strength, flexibility, agility and balance- geared specifically to the needs of men. If you are interested or have more questions, please call instructor Kathy Stetson at 508-397-5324, or e-mail at kathystetson@verizon.net.

**Medical Equipment Loan Closet**

Because of space limitations and other guidelines, we are not accepting donated medical equipment at the COA. To borrow an item from our inventory please call ahead to ensure we have what you need. Thank you.



**MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm****July 10 "Wish You Were Here" Rita Mae Brown****August 14 "The Girl on the Train" Paula Hawkins****September 11 "Deja Dead" Kathy Reichs**

Please feel free to join our Mystery Book Club in the Activities Room of the COA. The books are available at the Truro Public Library. For more information please call Joan Rogers, 508-487-9196.

**STORY SWAP**

We are fortunate to have our very own Master Storyteller, Dan Lynch, come to the Truro COA to listen and tell stories!! It's a spirited gathering where you will hear folktales and legends, along with the most fascinating and entertaining personal stories told by our attendees! Listen or tell a personal story for the group!!



Please note the change of day! Wednesday, July 15 at 11:00 am, COA

**LET'S PLAY SCRABBLE!!**

Come and play **SCRABBLE** with your friends on **Tuesday afternoons at 1:30 pm.**

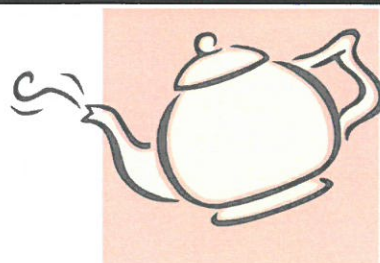
**Are you interested in playing MAHJONGG?**

Please join us in the Conference Room at the COA every  
**THURSDAY from 1:00 pm to 4:00 pm**



PLEASE JOIN US FOR COFFEE AND CONVERSATION AT THE COA  
WEDNESDAYS 10:00 am  
Free coffee and treats

TEA IS SERVED!!  
COME AND JOIN US ON THURSDAYS  
AT  
1:30 pm in the Activities Room



### Wellness Watch

It's time to prepare for the summer and that means learning the best possible ways to protect your skin. No matter what your previous protection strategies have been or your health history it is never too late to begin good skin care habits in the sun. Research shows that between 40-50% of Americans who live up to the age of 65 will have one type of non-melanoma skin cancer at least once. About 90% of non-melanoma skin cancers are associated with exposure to UV radiation from the sun. Therefore, using protection and staying out of the sun will greatly decrease the chances of being diagnosed with skin cancer.

1. **Sunscreen** is the best product for your skin. Dermatologists recommend using a broad spectrum sunscreen with SPF 30 or higher applied daily. Using SPF 30 or higher has been proven to absorb 97% of harmful UV rays that are able to pass through clouds and glass. Make sure to reapply the sunscreen when sweating heavily or in water.

2. **Finding shade** is important throughout the entire day, but vital during peak sun hours which are between 10am and 4pm. Trees, umbrellas or canopies are great options for shade, but do not offer 100% protection. Staying out of direct sun exposure is a great method that will help protect your skin.

3. **Protective clothing** is another method to keep your skin safe in the sun. Clothes are re-usable and provide full body coverage unlike sun screen that must be re-applied. A hat with a wide brim can protect the eyes, ears, face and back of the neck. Look for sunglasses that have 99-100% UV-A and UV-B protection which will greatly reduce eye damage from sun exposure.

4. **Medications** can often have side effects that increase the risks of sun exposure. The skin can have an increased sensitivity and sun exposure must be limited or avoided completely. Skin damage can include sunburn, blisters, rashes or swelling when out in the sun. Some medications to be cautious of include antibiotics, diuretics, antidepressants, anti-psychotics and anti-diabetics. Be sure to discuss these medications and their side effects with your doctor. As the weather warms up and being outside is much more enjoyable (The sun is a nice alternative to the many feet of snow from the winter) remember to protect your skin first!



Truro  
Council on Aging

**Elton Cutler**

Outreach Coordinator

**Truro Community Center**

7 Standish Way, N. Truro, MA 02652  
(508) 487-2462 ext. 13

Fax (508) 487-0854  
ecutler@truro-ma.gov

## 2015 Events at the Truro Meeting House

July 12, Sunday, 10 AM: **Sunday service**, guest organist **Brian Jones**, one of America's most highly regarded church musicians, is Emeritus Director of Music and Organist at Trinity Church, Copley Square, Boston, where he directed a widely acclaimed program from 1984 to 2004.

July 18, Saturday, 7:30 PM: **Jay Craven's New film *Peter and John***, starring **Jacqueline Bisset** is based on the novel by **Guy de Maupassant** and set in 1872 Nantucket. Guy de Maupassant's 19th century seaside novel, *Pierre et Jean*, is widely credited for changing the course of narrative fiction. The book introduced intense psychological complexity into its naturalistic depiction of a family brought to the breaking point through startling revelations.

July 20, Monday, 7 PM: **Jerry Thompson — Play Readings**. Thompson is a member of the Provincetown Theatre Company's Playwrights Lab where in addition to various festivals he has had numerous readings and performances of his plays. His actors will be doing staged readings of several of his short plays.

July 26, Sunday, 5 PM: **Chamber Singers of the Outer Cape Chorale — Concert**. This acclaimed local group will perform for the first time at the Meeting House.

## 2015 Concerts on the Green



Artwork by Bill Evaul

## Truro Center

### Thursday evenings at Snow's Park

All concerts at 6:30 - except Aug. 20th and 27th

**The Rip-It Ups**

July 2<sup>nd</sup>, 6:30

**Crabgrass**

July 9<sup>th</sup>, 6:30

**Tim Dickey****Toast and Jam**

July 16<sup>th</sup>, 6:30

**Magic of Steel**

July 23<sup>rd</sup>, 6:30

**New Beach Band**

July 30<sup>th</sup>, 6:30

**Ted DeColo  
& Andy Solberg**

August 6<sup>th</sup>, 6:30

**Zoë Lewis**

August 13<sup>th</sup>, 6:30

**The Grab Brothers**

August 20<sup>th</sup>, 6:00

**Chandler Travis  
Philharmonette**

August 27<sup>th</sup>, 6:00

**Celebrating 21 Years of Free Concerts**

Printing Courtesy of Seamen's Bank

# COA CAFE

**TUESDAY 12:30 PM \$7.50**

**July 7th**

Pesto Crusted Chicken with Orzo, Spinach & Tomato Salad  
Peach Cobbler

**July 17th**

Summer Salad Trio  
Curried Chicken Salad, Classic Tuna and Mixed Green Salad  
Berry Shortcake

**June 21thst**

Lemony Hummus Crostini  
Poached Salmon with Yogurt Cucumber Dill Sauce  
Key Lime Pie

**July 28th**

Tuscan Turkey Burgers with a  
Tomato, Basil and Mozzarella Salad  
Berry Crisp with Fresh Whipped Cream

RESERVATIONS ARE REQUIRED BY  
12:00 PM ON MONDAYS





# JULY



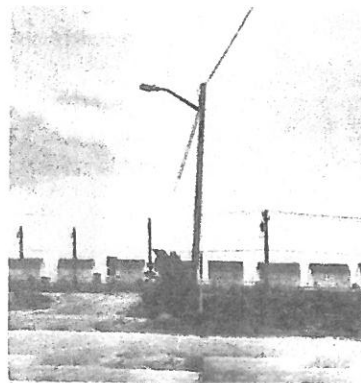
# 2015

Mon	Tue	Wed	Thu	Fri
		<b>1</b> <b>Tai Chi 8:30</b> Strength Training Coffee Hour 10:00 Weight Loss 10:00	<b>2</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>3</b> COA CLOSED
<b>6</b> <b>Strength Training 9:00-10:00</b>  Memoirs Writing Group 10:30	<b>7</b> <b>COA CAFÉ 12:30</b>  <b>Men's Exercise Class 10:45</b>  <b>Women's Reflections 6:30</b>	<b>8</b> <b>Tai Chi 8:30</b> Strength Training w/Kathy Stetson Coffee Hour 10:00 Weight Loss 10:00 Legal Assistance (by appointment)	<b>9</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>10</b> <b>Strength Training 9:00-10:00</b>  Mystery Book Club 12:30
<b>13</b> <b>Strength Training 9:00-10:00</b>  Memoirs Writing Group 10:30	<b>14</b> <b>COA CAFE 12:30</b> <b>Men's Exercise Class 10:45</b> <b>Dr. Preston "Men's Health" 1:30-3:00</b> <b>Women's Reflections 6:30</b>	<b>15</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Story Swap 11:00	<b>16</b> <b>Bereavement 10-11:30</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>17</b> <b>Strength Training 9:00-10:00</b>  Dr. Campo, Podiatrist (by appointment)
<b>20</b> <b>Strength Training 9:00-10:00</b>  Memoirs Writing Group 10:30	<b>21</b> <b>COA CAFÉ 12:30</b>  <b>Men's Exercise Class 10:45</b>  <b>Women's Reflections 6:30</b>	<b>22</b> <b>Tai Chi 8:30</b> Strength Training w/ Kathy Stetson 9:00-10 Weight Loss 10:00 Coffee Hour 10:00	<b>23</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>24</b> <b>Strength Training 9:00-10:00</b>
<b>27</b> <b>Strength Training 9:00-10:00</b>  Memoirs Writing Group 10:30	<b>28</b> <b>COA Café 12:30</b>  <b>Men's Exercise Class 10:45</b>  <b>Women's Reflections 6:30</b>	<b>29</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10 Weight Loss 10:00 Coffee Hour 10:00	<b>30</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>31</b> <b>Strength Training 9:00-10:00</b>

## *The Seasons of Truro*

*Rebecca Bruyn, Alternative Photographer*

*Truro is a remarkable place to live and to visit. It has maintained it's rural beauty over the many years while other parts of the cape continue to develop. Most people come to Truro during the warm summer months and leave with summer memories. This collection of work represents all seasons of our town, including moments of this past winter that challenged many of us who live here year round. The photographic methods used span the last 3 centuries; cyanotypes, digital photography and iPhonography.*



*Rebecca Bruyn  
Alternative Photographer  
Cyanotypes*

*info@rebeccabruyn.com  
www.rebeccabruyn.com*

The Truro Council on Aging van transportation services are for Truro residents age 59 and older. Van service is partially funded by an Older Americans Act Title III Grant from Elder Services of Cape Cod & the Islands. Fees are not required for this service, but voluntary contributions to help defray vehicle costs to the town are appreciated. We strive to accommodate the most riders in an efficient manner.

We have established a lending library here at the COA. We have both paperback and hard cover books arranged on our shelves alphabetically by author. No need to worry about return dates and overdue book fines! Stop in and pick out a book or two. We are accepting books to add if you are looking to clean out your bookshelves.



WE NEED THE FOLLOWING INFORMATION  
WHEN REQUESTING A RIDE FROM THE COA:

**MEDICAL FACILITY NAME**

**MEDICAL FACILITY ADDRESS**

**MEDICAL FACILITY PHONE NUMBER**

**ESTIMATED DURATION OF APPOINTMENT**

\*\*\*\*\*

YOU MUST HAVE A COMPANION ACCOMPANY YOU IF  
HAVING A PROCEDURE

\*\*\*\*\*

REMEMBER

WE MUST HAVE

**AT LEAST 24 HOURS' NOTICE TO**

SCHEDULE TRANSPORTATION



TRURO COUNCIL ON AG-  
ING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

#### MISSION STATEMENT

The mission of the Truro Council on Aging is to identify the needs and interests of the community's elderly; to educate the community and enlist support and participation of all citizens concerning these needs and interests; to design, promote, and carry out programs; and to coordinate existing services within our community.

#### FRIENDS OF THE TRURO COUNCIL ON AGING MEMBERS

Diane Rose, President; Jeanne Foulke, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Stephen Currier, Lucie Grozier, Martha Ingram, Brian Trainor, Bill Worthington. **Council on Aging Officers:** Bonnie Sollog, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Joan Holt, Martha Ingram, Joan Moriarty, Bernard Robbins, Claudia Tuckey, Cathy Staff, Hannah Shrand. Alternate; Beth O'Rourke **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator; Elton Cutler, Outreach and Resource Coordinator; MaryEllen Duart, Office Assistant; James Paul Ludwig, Web Master, and Nancy Braun, Jim Downey, Dennis Guiney, David Peterman, Chuck Zimmer, & Rich Tuden, Van Drivers.

*Funding for this newsletter is provided by the Massachusetts Executive Office of Elder Affairs, and the Friends of the Truro Council on Aging. Thank you! And thanks to our newsletter helpers for their invaluable help with the bulk mailing.*